

Selicoth Services Slated By Temple Next Saturday

Selicoth services will be conducted by Rabbi Henry E. Kraus of Southwest Temple Beth Torah, 14725 S. Gramercy Pl., Saturday night, Sept. 17, with Cantor Harold E. Stein conducting the Temple Choir.

This service is a solemn reminder of the approach of Rosh Hashanah and Yom Kippur, special and independent services which derive their character from the dominance within them of the "Selicoth mood" and the Selicoth-prayer. The season is the season of repentance par excellence.

Two classes in personality and appearance will be offered by the Torrance Adult Education program this fall, according to Principal Raymond Collins.

One class will open at Torrance High School next Monday evening at 7 and the second one will be held during the day on Thursday mornings from 9:30 to 12:30 at El Retiro Park.

Classes in Personality, Appearance to Open Here

acquainted and dance to the music of the Blue Notes. Refreshments will be served at 10 p.m. after which services will begin at midnight. Everyone is welcome to attend.

Religious chairman, Lew Berkowitz reports that these are still time to make reservations for the High Holiday services being held at the Imperial Theatre, 3180 W. Imperial Hwy. Inglewood. For information call FA 1-0870.

As a conclusion to the holiday activities at the Temple a Yom Kippur Dance will be held Saturday evening, Oct. 1. Members and friends are invited to enjoy an evening of getting

These classes include lectures and demonstrations in the principles of fashion and good grooming.

Other phases of the instruction will cover personality factors for happy and successful living, wardrobe organizing, dressing to type, color psychology, diet, figure streamlining, makeup, hair styles, and speaking voice.

Child Observation Classes To Be Held Here This Fall

Mothers wishing to learn such materials as paint, clay molding, and with puzzle solving and building games.

Snack time and rest period of the children is planned as part of their training. Mothers must accompany children and will be expected to participate in the various activities.

Instructors for the courses will be Mrs. Gritz Greenspan and Mrs. Lillian Randall.

"If women's intuition is all it is cracked up to be, why do wives ask so many questions?" —Barney Goldman

Classes will be held from 9:30 a.m. to 12:30 each Tuesday and Thursday at McMaster Park, Artesia and Yukon, beginning next Tuesday, Sept. 20.

The classes are designed to offer supervised playground activities and creative work with

Pernicious Anemia Responds Slowly to Treatment Says M.D.

QUESTION — Please discuss the cure and condition of pernicious anemia?—C.B.

ANSWER — Pernicious anemia responds slowly to treatment. The most effective way of treating it is to give transfusions in some instances, or extract of liver either by mouth or by injection steadily over a period of time. In recent years, wonderful results in the treatment of this condition have been obtained by the administration of Vitamin B-12. Acid taken with meals is a great help. Ordinarily hydrochloric acid or some medicine containing it is given. We have seen excellent results with patients by giving lemon juice or grapefruit juice with each meal, one or two ounces of lemon juice or six ounces of grapefruit juice. These juices may be sweetened and drunk with the meal or sipped along with the meal in their natural form. They provide an acid that is effective in activating pepsin, which in persons having pernicious anemia does not have its own normal activating agent in the gastric juice.

One of the outstanding symptoms in pernicious anemia is pain and aching throughout the body, not only in the joints but seemingly in the muscles and nerves as well, particularly in the arms and legs. Pain is usually an indication that the disease is in an active form and is making progress. Efficient treatment by the family doctor should relieve the patient.

See to it that you get a well-balanced diet, plenty of rest, and a good general hygienic program. Keep cheerful, pleasant, and relaxed. Above all, persist in your doctor's medical program, giving him your fullest and continuing cooperation.

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Q.—I would appreciate your opinion as to whether a large mole I have had from birth could be cause for concern at any time.—O.E.

A.—Whether a mole present from birth is a cause for concern depends upon the nature of the growth. If it is a dark color, it is more likely to cause trouble. Any of the heavily pigmented moles under irritation may become stimulated and grow considerably, in some instances becoming actually malignant.

If a person wishes a mole removed, the work should be done by a capable physician. Irritation of a mole without proper eradication sometimes will cause trouble, even though it appears that the mole itself has been removed. It is necessary that the roots and a tached skin be removed.

Q.—If an ovary and a tube have been removed, can a woman still have children?—A.C.

A.—So long as one ovary and one tube remain it is possible to have normal conception and to deliver living children.

(Presented as a public service by the Southwest District of the Los Angeles County Medical Assn.)

Public Invited to Hear Church Plans

The public is invited to hear a recording from the Christian Science board of directors in Boston with regard to the plans which are being completed for the fulfillment of Mary Baker Eddy's goal of world service for her newspaper, the Christian Science Monitor.

This recording may be heard at a meeting in First Church of Christ, Scientist, Torrance, at 1750 Manual Ave., Thursday evening, Sept. 22, at 8 o'clock. All are welcome to attend this meeting.

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